**Sunday, December 11, 2016**

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| 06:00 AM | **TBA:**  TBC | ++ |

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| 06:30 AM | **Amazing Facts: Is It Easier To Be Saved Or Lost?**  Religious program. | **PG**  +AMFA02-038+ |

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| 07:00 AM | **TBA:**  TBC | ++ |

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| 07:30 AM | **Leading The Way: Counting Stars When You See None: Counting Star Begins With ONE**  Religious program. | **PG**  +LWAY03-045+ |

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| 08:00 AM | **David Jeremiah: Unto You Is Born This Day A Savior**  Religious program. | **PG**  +DAJE2-064+ |

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| 08:30 AM | **It Is Written: Jesus Had The Last Word**  Religious program. | **PG**  +IIW12-063+ |

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| 09:00 AM | **TBA:**  TBC | ++ |

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| 09:30 AM | **Inside Volleyball**  A dedicated panel show exploring all things Volleyball from Australia's HelloWorld Indoor & Beach Volleyroos, as well as the best International Volleyball action from around the globe. | +INVB01-002+ |

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| 10:00 AM | **Home And Away Catch-Up (R) ’CC’**  Missed Home and Away this week? Catch up on 7TWO! | **PG (V,A)**  +HAWC16-743+ |

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| 01:00 PM | **Nick Knowles' Original Features: Salvage Sisters (R)**  Nick Knowles explores the incredible design history of UK homes. Nick meets two sisters who are restoring the period charm of their Victorian house near Bristol. | **G**  +NKOF-007+ |

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| 02:00 PM | **Anthony Bourdain: No Reservations: Lisbon (R)**  Tony’s curiosity about mainland Portugal leads him to Lisbon. Through traditional fado music and local chefs and writes, Tony gets to the heart of Lisbon. | **PG**  +NORE08-005+ |

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| 03:00 PM | **New Zealand From Above: The West Coast And Northern South Island (R)**  Explore the West Coast of New Zealand and all the extremes the island has to offer, from beautiful and serene to hostile, impenetratable and untamed. | **G**  +NZFA-003+ |

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| 04:00 PM | **New Zealand On A Plate: Canterbury**  From the very best of New Zealand's scenery to the very best of NZ's food, we're serving up a treat with this food show! | **G**  +NZOP06-006+ |

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| 04:30 PM | **Annabel Langbein: The Freerange Cook (R)**  Annabel Langbein reveals the pleasures of her free-range cooking style. | **G**  +ALFC03-006+ |

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| 05:00 PM | **House Wreck Rescue: Chelsea Flat (R)**  Keen property developer Dan is attempting his most ambitious project to date by transforming a pokey basement flat into a super sleek 2- bedroom pad. | **PG**  +HOWR-008+ |

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| 06:00 PM | **The Zoo (R) ’CC’**  A tragic accident has led to Australia's last performing circus elephant being given to Western Plains Zoo. | **G**  +ZOOT-003+ |

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| 06:30 PM | **Animal Airport ’CC’ NEW EPISODE**  Lloyd has his hands full with a diabetic dog and Ross helps a tortoise on its way to its new home travelling complete with a plastic swimming pool and palm tree. | **PG**  +ANDE2-006+ |

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| 07:00 PM | **Dog Patrol (R) ’CC’**  Police Dog team Junior and Ike locate some copper thieves hiding in a cupboard, with four drug dogs on the case it’s all on at Waikeria prison. | **PG**  +STFC5-003+ |

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| 07:30 PM | **Escape To The Country: Cotswolds (R)**  Nicki Chapman is in the costly Cotswolds helping a couple search for a fabulous character country house with an equally fabulous budget of 1 million pounds. | **G**  +ETTC15-004+ |

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| 08:30 PM | **Escape To The Country: Lincolnshire (R)**  Alistair Appleton is in Lincolnshire helping a couple of retired expats with a budget of £300,000, return from France and find a rural retreat on home soil. | **G**  +ETTC20-041+ |

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| 09:30 PM | **Art Of The Architect: Black Estate NEW EPISODE**  Architect Richard Naish is tasked with creating a tasting room, café and home in a vineyard. | **G**  +ARTO01-005+ |

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| 10:30 PM | **Nick Knowles' Original Features: Canada Spa (R)**  Nick meets Colin and Emma Bannon, who live in a white Regency villa with a 1970s disco-themed interior. | **G**  +NKOF-006+ |

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| 11:30 PM | **House Wreck Rescue: Chelsea Flat (R)**  Keen property developer Dan is attempting his most ambitious project to date by transforming a pokey basement flat into a super sleek 2- bedroom pad. | **PG**  +HOWR-008+ |

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| 12:30 AM | **Psychic TV: Psychic TV**  Psychic TV has some of the most respected psychics in the world. Allowing us to provide you with a truly unique insight and global experience. | **M**  +PSYC01-048+ |

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| 03:30 AM | **Escape To The Country: South Wales (R)**  Jules Hudson heads to Monmouthshire to help a couple with a budget of 500,000 pounds find some rural peace and space for pigs, chickens and alpacas. | **G**  +ETTC15-002+ |

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| 04:30 AM | **Animal Airport (R) ’CC’**  Lloyd has his hands full with a diabetic dog and Ross helps a tortoise on its way to its new home travelling complete with a plastic swimming pool and palm tree. | **PG**  +ANDE2-006+ |

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| 05:00 AM | **New Zealand On A Plate: Canterbury (R)**  From the very best of New Zealand's scenery to the very best of NZ's food, we're serving up a treat with this food show! | **G**  +NZOP06-006+ |

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| 05:30 AM | **Annabel Langbein: The Freerange Cook (R)**  Annabel Langbein reveals the pleasures of her free-range cooking style. | **G**  +ALFC03-006+ |

**Monday, December 12, 2016**

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| 06:00 AM | **TBA:**  TBC | ++ |

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| 06:30 AM | **TBA:**  TBC | ++ |

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| 07:00 AM | **ZooMoo Lost ’CC’**  Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C**  +ZOMO01-106+ |

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| 07:30 AM | **The Wild Adventures of Blinky Bill: Mystery Ball / Freaky Frillday ’CC’**  A mysterious talking ball lands in Greenpatch and has the townsfolk enraptured with its wise words. Then, Jacko wakes up with a case of the jumps but Blinky’s cure works a little too well. | **C**  +BLIN01-006+ |

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| 08:00 AM | **Jay's Jungle: My Cat Can See In The Dark (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-013+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-069+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Evidence surrounding Mud's murder points directly at Selina. Fisher falls further into depression, while Shannon is excited at her article on the bushfire being published. | **PG**  +HAW2-862+ |

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| 09:30 AM | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCS16-050+ |

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| 10:30 AM | **Meet The Press (R) ’CC’**  Chuck Todd interviews newsmakers from around the world. | +NBCM16-050+ |

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| 11:30 AM | **Best Houses Australia**  Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G**  +BHOZ05-022+ |

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| 12:00 PM | **Dr Oz: How The Worst Insomniacs Finally Got To Sleep And How You Can Too (R) ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-116+ |

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| 01:00 PM | **Art Of The Architect: Black Estate (R)**  Architect Richard Naish is tasked with creating a tasting room, café and home in a vineyard. | **G**  +ARTO01-005+ |

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| 02:00 PM | **The Zoo (R) ’CC’**  A tragic accident has led to Australia's last performing circus elephant being given to Western Plains Zoo. | **G**  +ZOOT-003+ |

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| 02:30 PM | **Dog Patrol (R) ’CC’**  Police Dog team Junior and Ike locate some copper thieves hiding in a cupboard, with four drug dogs on the case it’s all on at Waikeria prison. | **PG**  +STFC5-003+ |

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| 03:00 PM | **The Great Outdoors: Great Driving Holidays (R) ’CC’**  Join Ernie on the ultimate drive across Tasmania's top end, meeting fairy penguins and tulip lovers before reaching "the end of the world." | **G**  +GO17-003+ |

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| 04:00 PM | **Escape To The Country: Lincolnshire (R)**  Alistair Appleton is in Lincolnshire helping a couple of retired expats with a budget of £300,000, return from France and find a rural retreat on home soil. | **G**  +ETTC20-041+ |

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| 05:00 PM | **60 Minute Makeover: Uxbridge, London (R)**  Incredible house transformations in only one hour. | **PG**  +SMM09-013+ |

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| 06:00 PM | **Deal Or No Deal (R) ’CC’**  Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. | **G**  +DEAL10-014+ |

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| 06:30 PM | **Bargain Hunt: Anglesey 18 (R)**  Teams travel to north Wales, to the island of Anglesey, where one team drives a hard bargain while the other team try to charm their way through the contest. | **G**  +BHUN31-022+ |

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| 07:30 PM | **Rosemary & Thyme: The Italian Rapscallion (R) ’CC’**  The Ligurian coast of Italy is no holiday when the girls are propelled into a mystery when a woman in their party is killed. Starring:GEORGINA CHAPMAN,FELICITY DEAN,DIDO MILES,RICHARD DURDEN,OLIVER FORD DAVIES,TRISTAN GEMMILL,SUZANNE BERTISH | **PG (V)**  +RAT2-007+ |

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| 08:30 PM | **Foyle's War: Funk Hole (R) ’CC’**  The disappearance of a boy and a break-in at a local food depot lead Foyle to a nearby hotel for long-term guests in wartime where they discover a viper's nest of cowardice, greed and deceit. Starring:ADRIAN LUKIS,ANDREW LEE POTTS,ANNABELLE APSION,ANTHONY HOWELL,BILL MOODY,CAROLINE HARKER,CORIN REDGRAVE,HONEYSUCKLE WEEKS,MARY HEALEY,JULIAN OVENDEN,JOANNA DAVID,JONATHAN MOORE,JONATHAN TAFLER,PHOEBE NICHOLLS,RICHARD HOPE,RICHARD MCCABE,MICHAEL BERTENSHAW,MICHAEL KITCHEN,NICHOLAS FARRELL,TOM BENNETT,THOM FELL,SUSAN PORRETT | **M (V)**  +FOYL2-004+ |

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| 10:30 PM | **Downton Abbey (R) ’CC’**  A birthday party is planned for Robert, but Rose's surprise contribution ruffles some feathers. A new farming venture on the Downton estate comes with dramatic repercussions for Mary. | **M**  +DOAB4-006+ |

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| 11:30 PM | **Bargain Hunt: Anglesey 18 (R)**  Teams travel to north Wales, to the island of Anglesey, where one team drives a hard bargain while the other team try to charm their way through the contest. | **G**  +BHUN31-022+ |

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| 12:30 AM | **House Calls To The Rescue (R) ’CC’**  Johanna Griggs unleashes her new team of experts to rescue home owners from their DIY disasters. The team rescue a gardener who took out a swimming pool and created a titanic disaster. | **G**  +HSCL-012+ |

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| 01:30 AM | **Foyle's War: Funk Hole (R) ’CC’**  The disappearance of a boy and a break-in at a local food depot lead Foyle to a nearby hotel for long-term guests in wartime where they discover a viper's nest of cowardice, greed and deceit. Starring:ADRIAN LUKIS,ANDREW LEE POTTS,ANNABELLE APSION,ANTHONY HOWELL,BILL MOODY,CAROLINE HARKER,CORIN REDGRAVE,HONEYSUCKLE WEEKS,MARY HEALEY,JULIAN OVENDEN,JOANNA DAVID,JONATHAN MOORE,JONATHAN TAFLER,PHOEBE NICHOLLS,RICHARD HOPE,RICHARD MCCABE,MICHAEL BERTENSHAW,MICHAEL KITCHEN,NICHOLAS FARRELL,TOM BENNETT,THOM FELL,SUSAN PORRETT | **M (V)**  +FOYL2-004+ |

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| 03:30 AM | **Dr Oz: How The Worst Insomniacs Finally Got To Sleep And How You Can Too (R) ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-116+ |

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| 04:30 AM | **The Great Outdoors: Great Driving Holidays (R) ’CC’**  Join Ernie on the ultimate drive across Tasmania's top end, meeting fairy penguins and tulip lovers before reaching "the end of the world." | **G**  +GO17-003+ |

**Tuesday, December 13, 2016**

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| 06:00 AM | **TBA:** | ++ |

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| 06:30 AM | **TBA:** | ++ |

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| 07:00 AM | **ZooMoo Lost ’CC’**  Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C**  +ZOMO01-107+ |

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| 07:30 AM | **The Wild Adventures of Blinky Bill: Notions Eleven / Attack Of The Extra-Tree-Restrials ’CC’**  Blinky launches a rescue mission with a crack team of professionals when Jacko is lizard napped. Then, Blinky and Jacko set out to protect the town from mind melding aliens. | **C**  +BLIN01-007+ |

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| 08:00 AM | **Jay's Jungle: Out Of Reach (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-014+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-070+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Dylan cries in his mother's arms as he asks her if he is going to die. Selina protests her innocence to Sgt. Hale. | **PG**  +HAW2-863+ |

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| 09:30 AM | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT16-248+ |

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| 12:00 PM | **Dr Oz: The Health Topics You're Buzzing About On Social Media (R) ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-117+ |

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| 01:00 PM | **Mr Selfridge (R) ’CC’**  Both Lois and Henri spot the threat of an ascendant Ellen Love and when Lasy Mae reveals to Rose the truth about Ellen and Harry's partnership - it spurs her to do something for herself. | **PG (S,A)**  +MRSE-003+ |

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| 02:00 PM | **Mr Selfridge (R) ’CC’**  Harry scores a massive coup when world-famous ballerina Anna Pavlova agrees to visit the store. Feeling coolness in Harry's affections, a disgruntled Ellen leans on Frank for support. | **PG (A,V)**  +MRSE-004+ |

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| 03:00 PM | **The Great Outdoors (R) ’CC’**  Great island escapes, including Australia's best family bargain, just $45 a night. Jennifer Hawkins explores Ibiza, Spain's holiday island. | **G**  +GO17-004+ |

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| 04:00 PM | **Surf Patrol (R) ’CC’**  In Southern Sydney, a mock rescue exercise is cut short when lifesavers receive a real-life call for help. | **G**  +SPTL-006+ |

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| 04:30 PM | **Animal Airport (R) ’CC’**  Lloyd has his hands full with a diabetic dog and Ross helps a tortoise on its way to its new home travelling complete with a plastic swimming pool and palm tree. | **PG**  +ANDE2-006+ |

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| 05:00 PM | **60 Minute Makeover: Gillingham, Kent (R)**  Incredible house transformations in only one hour. | **PG**  +SMM09-014+ |

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| 06:00 PM | **Deal Or No Deal (R) ’CC’**  Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. | **G**  +DEAL10-006+ |

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| 06:30 PM | **Bargain Hunt: Ardingly 27 (R)**  A circus double act pulls out all the stops to secure a bargain in Ardingly, while the other team are attracted to more 'risque' objects! | **G**  +BHUN31-023+ |

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| 07:30 PM | **The Indian Doctor: Desperate Measures (R) ’CC’**  Opposition and support for New Trefelin grow in equal measure, and Prem finds himself caught in the middle. Starring:ALUN AP BRINLEY,BRENDAN CHARLSON,DAFYDD HYWEL,GWAWR LOADER,GARETH JOHN BALE,JULIAN GILLARD,RHYDIAN JONES,MATTHEW AUBREY,WILLIAM HOUSTON | **PG (A,V)**  +INDO3-003+ |

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| 08:30 PM | **Endeavour: Prey ’CC’ NEW EPISODE**  The detectives are called in to deal with the case of a missing au pair who disappeared after her evening class at Night School. | **M (V)**  +ENDV03-003+ |

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| 10:30 PM | **Downton Abbey (R) ’CC’**  Cora's playboy brother Harold is in a fix and Robert must travel to America to help him, whilst a new farming venture at Downton sees Blake and Mary forced to put aside their differences. | **M**  +DOAB4-007+ |

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| 11:30 PM | **Bargain Hunt: Ardingly 27 (R)**  A circus double act pulls out all the stops to secure a bargain in Ardingly, while the other team are attracted to more 'risque' objects! | **G**  +BHUN31-023+ |

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| 12:30 AM | **Mr Selfridge (R) ’CC’**  Both Lois and Henri spot the threat of an ascendant Ellen Love and when Lasy Mae reveals to Rose the truth about Ellen and Harry's partnership - it spurs her to do something for herself. | **M**  +MRSE-003+ |

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| 01:30 AM | **Mr Selfridge (R) ’CC’**  Harry scores a massive coup when world-famous ballerina Anna Pavlova agrees to visit the store. Feeling coolness in Harry's affections, a disgruntled Ellen leans on Frank for support. | **M**  +MRSE-004+ |

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| 02:30 AM | **The Border: Cocaine Paradise (R)**  Agents and officers of the Department of Homeland Security in Puerto Rico keep a high-value seizure secure as they transport it back to San Juan, and seize a small drug-running boat. | **M (A)**  +TBOR6-001+ |

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| 03:30 AM | **Dr Oz: The Health Topics You're Buzzing About On Social Media (R) ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG**  +DROZ06-117+ |

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| 04:30 AM | **The Great Outdoors (R) ’CC’**  Great island escapes, including Australia's best family bargain, just $45 a night. Jennifer Hawkins explores Ibiza, Spain's holiday island. | **G**  +GO17-004+ |

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| 05:30 AM | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-070+ |

**Wednesday, December 14, 2016**

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| 06:00 AM | **TBA:**  TBC | ++ |

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| 06:30 AM | **TBA:**  TBC | ++ |

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| 07:00 AM | **ZooMoo Lost ’CC’**  Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C**  +ZOMO01-108+ |

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| 07:30 AM | **The Wild Adventures of Blinky Bill: Robert's Sound / Cloud Catchers ’CC’**  Blinky and Jacko embark on a treasure hunt to recover Robert’s lost glasses. Then, Blinky takes to the skies on a mission to bring a raincloud back to Greenpatch. | **C**  +BLIN01-008+ |

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| 08:00 AM | **Jay's Jungle: Waiting For My Turn Is Boring (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-015+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-071+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Shane and Angel come to grips with the fact that Dylan might die. Nelson has a sudden flashback when he gets near the car that will take him home. | **PG**  +HAW2-864+ |

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| 09:30 AM | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT16-249+ |

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| 12:00 PM | **Dr Oz: The New Hidden Reason For Your Bloat (R) ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG (D)**  +DROZ06-118+ |

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| 01:00 PM | **The Indian Doctor: Desperate Measures (R) ’CC’**  Opposition and support for New Trefelin grow in equal measure, and Prem finds himself caught in the middle. Starring:ALUN AP BRINLEY,BRENDAN CHARLSON,DAFYDD HYWEL,GWAWR LOADER,GARETH JOHN BALE,JULIAN GILLARD,RHYDIAN JONES,MATTHEW AUBREY,WILLIAM HOUSTON | **PG (A,V)**  +INDO3-003+ |

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| 02:00 PM | **Air Crash Investigations: Speed Trap (R) ’CC’**  Military investigators work to discover what happened when a Marine Corps F-4 Phantom collided with a Hughes Airwest DC-9 above the San Gabriel Mountains. | **PG**  +MDAY13-002+ |

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| 03:00 PM | **The Great Outdoors (R) ’CC’**  Join Tom Williams on his journey through amazing India. Jennifer Hawkins shares her shopping secrets. Plus, your chance to win a brand new Toyota. | **G**  +GO17-005+ |

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| 04:00 PM | **The Border: Cocaine Dump Truck (R)**  Agents and officers of the Department of Homeland security in Puerto Rico target a drug cartel with an undercover "buy and bust" operation, and intercept a dump truck full of cocaine. | **PG**  +TBOR6-002+ |

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| 05:00 PM | **60 Minute Makeover: Cardiff, Wales (R)**  Incredible house transformations in only one hour. | **PG**  +SMM09-015+ |

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| 06:00 PM | **Deal Or No Deal (R) ’CC’**  Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. | **G**  +DEAL10-035+ |

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| 06:30 PM | **Bargain Hunt: London 30 (R)**  Teams head to the lively Portobello Road in London to search for antique items to take to auction. Then, Tim takes a trip to Fenton House in Hampstead. | **G**  +BHUN31-024+ |

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| 07:30 PM | **Doc Martin: Happily Ever After (R) ’CC’**  Martin and Louisa's wedding day arrives, but is Martin ready to make the commitment? Starring:AMANDA ABBINGTON,DAVID RYALL,JOHN MARQUEZ,JEFF RAWLE,KATHERINE PARKINSON,SELINA CADELL | **PG**  +DOCM3-007+ |

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| 08:30 PM | **Inspector Morse: The Masonic Mysteries (R) ’CC’**  Inspector Morse finds himself at the top of a list of suspects when his friend, Beryl Newsome, is found murdered. To make matters worse, even the loyal Seargent Lewis agrees that all the clues point to Morse. Starring:JAMES GROUT,IAN MCDIARMID,DIANE FLETCHER,MADELAINE NEWTON,KEVIN WHATELY | **M (V)**  +INM-015+ |

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| 10:30 PM | **Downton Abbey (R) ’CC’**  Rosamund attempts to help Edith out of her predicament, while Mary asks Gillingham for a favour. Alfred realises that he may have made a mistake and Bates and Anna receive more troubling news. | **M**  +DOAB4-008+ |

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| 12:00 AM | **Bargain Hunt: London 30 (R)**  Teams head to the lively Portobello Road in London to search for antique items to take to auction. Then, Tim takes a trip to Fenton House in Hampstead. | **G**  +BHUN31-024+ |

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| 01:00 AM | **Dr Oz: The New Hidden Reason For Your Bloat (R) ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG (D)**  +DROZ06-118+ |

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| 02:00 AM | **TBA: (R)**  TBC | ++ |

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| 02:30 AM | **TBA: (R)**  TBC | ++ |

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| 03:00 AM | **TBA: (R)**  TBC | ++ |

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| 03:30 AM | **TBA: (R)**  TBC | ++ |

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| 04:00 AM | **Best Houses Australia (R)**  Join author and host Gary Takle on a quest to discover what really makes a house work. Explore some of the most exciting and stunning houses in the country and meet the professionals who create them. | **G**  +BHOZ05-022+ |

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| 04:30 AM | **The Great Outdoors (R) ’CC’**  Join Tom Williams on his journey through amazing India. Jennifer Hawkins shares her shopping secrets. Plus, your chance to win a brand new Toyota. | **G**  +GO17-005+ |

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| 05:30 AM | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-071+ |

**Thursday, December 15, 2016**

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| 06:00 AM | **TBA:**  TBC | ++ |

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| 06:30 AM | **TBA:**  TBC | ++ |

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| 07:00 AM | **ZooMoo Lost ’CC’**  Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C**  +ZOMO01-109+ |

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| 07:30 AM | **The Wild Adventures of Blinky Bill: The Ultimate Prey / Box World ’CC’**  Blinky and Jacko decide to amp up the annual class bush survival walk.Then, Blinky and Jacko are transported to an imaginary land called Box World. | **C**  +BLIN01-009+ |

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| 08:00 AM | **Jay's Jungle: Kangaroos Have Pouches, Tigers Don't (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-016+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-072+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Angel suspects she might be pregnant with Shane's baby. An acclaimed novelist contacts Shannon about her writing. A strangely familiar figure of Dodge wanders through the empty Ross house. | **PG**  +HAW2-865+ |

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| 09:30 AM | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT16-250+ |

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| 12:00 PM | **Dr Oz: Trading Opiates For Marijuana To Treat Pain (R) ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG (D)**  +DROZ06-119+ |

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| 01:00 PM | **Doc Martin: Happily Ever After (R) ’CC’**  Martin and Louisa's wedding day arrives, but is Martin ready to make the commitment? Starring:AMANDA ABBINGTON,DAVID RYALL,JOHN MARQUEZ,JEFF RAWLE,KATHERINE PARKINSON,SELINA CADELL | **PG**  +DOCM3-007+ |

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| 02:00 PM | **Air Crash Investigations: Lost In Translation (R) ’CC’**  When a flight from Zurich crash- lands, killing everyone on board, the discovery of drugs among the wreckage suggests an alarming explanation. | **PG**  +MDAY13-003+ |

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| 03:00 PM | **The Great Outdoors (R) ’CC’**  Ernie explores Ireland's wild and romantic Connemara coastline by horseback. Jennifer Hawkins visits 3 great little islands right on Melbourne's doorstep. | **G**  +GO17-006+ |

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| 04:00 PM | **RSPCA Animal Rescue (R) ’CC’**  A stray cattle dog has been roaming a park reserve for weeks. The RSPCA are called in to catch him and see if he can be domesticated. Hosted by ANTHONY FIELD. | **G**  +ANRS2-009+ |

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| 04:30 PM | **Air Rescue (R) ’CC’**  A woman injures herself bush walking on Cradle Mountain. With nowhere to land, the Westpac Rescue Helicopter has to make a delicate hover rescue. | **PG**  +AIRR04-003+ |

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| 05:00 PM | **60 Minute Makeover: Portslade, Brighton (R)**  Incredible house transformations in only one hour. | **PG**  +SMM09-016+ |

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| 06:00 PM | **Deal Or No Deal (R) ’CC’**  Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. | **G**  +DEAL10-009+ |

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| 06:30 PM | **Bargain Hunt: Kent 23 (R)**  Two well travelled teams head off on a relentless hunt for bargains at The Kent Showground, but will their worldly ways help them make for a profit at the auction? | **G**  +BHUN31-025+ |

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| 07:30 PM | **Special: One Foot In The Grave Xmas 1996 (R) ’CC’ (2010)**  The Meldrews return from a long weekend away to find a man living in their shed. Despite his hernia, Victor gets a job as a gardener. Starring:ANGUS DEAYTON,ANNETTE CROSBIE,JANINE DUVITSKI,RICHARD WILSON | **PG**  +BBCS4-010+ |

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| 08:30 PM | **Murdoch Mysteries: Power / The Glass Ceiling (R)**  A disagreement over power results in murder. Then, a vicious criminal is out for blood. | **M (V)**  +MMYS01-701+ |

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| 10:30 PM | **Mr Selfridge**  At Selfridge’s, preparations are afoot to celebrate the 20th anniversary of the store’s opening. Harry gets special permission from the council for a large-scale public parade along Oxford Street. | **PG (A)**  +MRSE04-009+ |

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| 11:30 PM | **Bargain Hunt: Kent 23 (R)**  Two well travelled teams head off on a relentless hunt for bargains at The Kent Showground, but will their worldly ways help them make for a profit at the auction? | **G**  +BHUN31-025+ |

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| 12:30 AM | **TBA:**  TBC | ++ |

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| 03:30 AM | **Dr Oz: Trading Opiates For Marijuana To Treat Pain (R) ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG (D)**  +DROZ06-119+ |

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| 04:30 AM | **The Great Outdoors (R) ’CC’**  Ernie explores Ireland's wild and romantic Connemara coastline by horseback. Jennifer Hawkins visits 3 great little islands right on Melbourne's doorstep. | **G**  +GO17-006+ |

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| 05:30 AM | **TBA:**  TBC | ++ |

**Friday, December 16, 2016**

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| 06:00 AM | **TBA:**  TBC | ++ |

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| 06:30 AM | **TBA:**  TBC | ++ |

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| 07:00 AM | **ZooMoo Lost ’CC’**  Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C**  +ZOMO01-110+ |

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| 07:30 AM | **The Wild Adventures of Blinky Bill: Crazy Golf / Outbreak Into Song ’CC’**  Blinky invents a game so fantastic that Mayor Cranky bans everyone but himself from playing. Then, when a catchy tune causes mayhem and spreads through Greenpatch. | **C**  +BLIN01-010+ |

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| 08:00 AM | **Jay's Jungle: I Like Playing Shops (R) ’CC’**  Follow the fun adventures of Jay the Lighthouse keeper and the Jungle Crew as they sing, dance, laugh and learn. | **P**  +JAJU02-017+ |

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| 08:30 AM | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-073+ |

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| 09:00 AM | **Home And Away (R) ’CC’**  Shane discovers Angel is considering an abortion. Nelson has trouble facing people again as he feels he looks like a freak. | **PG**  +HAW2-866+ |

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| 09:30 AM | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT16-251+ |

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| 12:00 PM | **Dr Oz: Cardiac Arrest: Will You Be Ready To Save A Life? (R) ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG (A)**  +DROZ06-120+ |

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| 01:00 PM | **Special: One Foot In The Grave Xmas 1996 (R) ’CC’ (2010)**  The Meldrews return from a long weekend away to find a man living in their shed. Despite his hernia, Victor gets a job as a gardener. Starring:ANGUS DEAYTON,ANNETTE CROSBIE,JANINE DUVITSKI,RICHARD WILSON | **PG**  +BBCS4-010+ |

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| 02:00 PM | **Air Crash Investigations: Disaster On The Potomac (R) ’CC’**  Just after taking off, Air Florida Flight 90 plunges into the frozen Potomac River. It takes an ingenious experiment to uncover why it happened. | **PG**  +MDAY13-004+ |

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| 03:00 PM | **The Great Outdoors (R) ’CC’**  Ernie visits the city forever linked to the Titanic. RON BARASSI shows Jennifer Hawkins his favourite place in Victoria. Starring:RON BARASSI | **G**  +GO17-007+ |

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| 04:00 PM | **How Britain Worked: Seaside (R)**  This week, Guy's project is perhaps the period's most enduring creation: the British seaside holiday. | **PG**  +GMIW-002+ |

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| 05:00 PM | **60 Minute Makeover: Harlow, Essex (R)**  Incredible house transformations in only one hour. | **PG**  +SMM09-017+ |

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| 06:00 PM | **Deal Or No Deal (R) ’CC’**  Join Andrew O'Keefe in the exhilarating game show where contestants play for $200,000. | **G**  +DEAL10-010+ |

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| 06:30 PM | **Bargain Hunt: Newark 15 (R)**  Teams head to the huge antiques and collectables fair at Newark to hunt for the best bargains. Then, Tim Wonnacott escapes to Warwickshire, where he explores the history of Stoneleigh Abbey. | **G**  +BHUN31-026+ |

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| 07:30 PM | **Special: ABBA: Dancing Queen (R) ’CC’ (2013)**  See the story behind ABBA's enormously successful Australian tour and the creation of ABBA's most popular song and its importance in ABBA's success story. | **PG**  +SPEC4-276+ |

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| 08:30 PM | **Selling Houses Australia: Darwin ’CC’**  Bob isn't your average property investor. Instead of calculated buys he buys property to help his friends. | **G**  +SEHO06-008+ |

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| 09:30 PM | **Escape To The Country: Hampshire (R)**  Alistair Appleton is helping a recently retired 'young at heart' couple find a country home with a large boy's toys garage and a challenging garden project. | **G**  +ETTC15-005+ |

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| 10:30 PM | **Front Of House (R)**  The team have to "Rock Around the Clock" to transform a blot on the landscape into a modern house with a musical theme. | **G**  +FOHO-002+ |

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| 11:00 PM | **Front Of House (R)**  Oliver and Lisa have just three days to transform a dull grey house, but things go pear-shaped when a builder strikes a pipe and they get a big new water feature they weren't expecting. | **G**  +FOHO-003+ |

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| 11:30 PM | **Best Houses Australia (R)**  Gary Takle takes a tour of four very different homes including a beautiful house with a concrete spine in Sydney, a quirky renovation of a Californian bungalow and a modern mansion in Melbourne. | **PG**  +BHOZ04-001+ |

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| 12:00 AM | **Bargain Hunt: Newark 15 (R)**  Teams head to the huge antiques and collectables fair at Newark to hunt for the best bargains. Then, Tim Wonnacott escapes to Warwickshire, where he explores the history of Stoneleigh Abbey. | **G**  +BHUN31-026+ |

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| 01:00 AM | **TBA:**  TBC | ++ |

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| 04:00 AM | **Dr Oz: Cardiac Arrest: Will You Be Ready To Save A Life? (R) ’CC’**  Dr. Mehmet Oz, cardiothoracic surgeon and medical expert, hosts The Dr Oz Show, with cutting edge information on topics ranging from weight loss and nutrition to lifestyle and the latest health news. | **PG (A)**  +DROZ06-120+ |

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| 05:00 AM | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-073+ |

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| 05:30 AM | **TBA:**  TBC | ++ |

**Saturday, December 17, 2016**

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| 07:30 AM | **TBA:**  TBC | ++ |

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| 08:00 AM | **House Calls To The Rescue (R) ’CC’**  The team rescue a couple from the root of all evil - right in their backyard, plus the ugly dining room that puts guests off their food, and a cure for dog breath. | **G**  +HSCL-010+ |

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| 09:00 AM | **Room For Improvement (R) ’CC’**  Molly is a brave girl who has beaten the odds. Now the team have some big, bold and inexpensive ideas to revamp her tiny apartment! | **G**  +RFI3-004+ |

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| 09:30 AM | **Room For Improvement (R) ’CC’**  John and Tracey have thrown in their jobs to start a Bed and Breakfast down the coast, but their sea change needs help... and fast! | **G**  +RFI3-005+ |

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| 10:00 AM | **Vasili's Garden: Paul McKay From Pascoe Vale (R)**  Vasili’s Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **G**  +VASI01-007+ |

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| 10:30 AM | **Hot Property (R) ’CC’**  The day of reckoning has arrived for Juggernaut Jason when Sarah comes home with the baby. Is the nursery finished? Hosted by Michael Caton. | **G**  +HOTP8-005+ |

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| 11:00 AM | **Hot Property (R) ’CC’**  The "Mad Hatter" returns. His new project - a wall inspired by the Spanish architect Gaudi. Hosted by Michael Caton. | **G**  +HOTP8-006+ |

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| 11:30 AM | **Best Houses Australia (R)**  Gary Takle takes a tour of four very different homes including a beautiful house with a concrete spine in Sydney, a quirky renovation of a Californian bungalow and a modern mansion in Melbourne. | **PG**  +BHOZ04-001+ |

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| 12:00 PM | **The Travel Bug: Special**  The Travel Bug is taking viewers far and wide! | **PG**  +TRBG06-012+ |

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| 01:00 PM | **Home In WA ’CC’**  Home in WA showcases builders, real estate, home services and products for our homes in WA. | **G**  +HIWA19-027+ |

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| 01:30 PM | **Out Of The Blue: Italy ’CC’**  A South Australian series which takes viewers to some of the world's most picturesque seaside locations. Includes lifestyle, scenery, fishing and plenty of seafood cooking expertise. Hosted by Michael Keelan and Michael Angelakis | **G**  +OOTB-191+ |

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| 02:00 PM | **Creek To Coast ’CC’**  Queensland's ultimate outdoor adventure show, featuring the very latest in camping, cruising, fishing and four-wheel-driving. | **G**  +7CTC16-038+ |

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| 02:30 PM | **Queensland Weekender ’CC’**  The Queensland Weekender team covers the length and breadth of this State with great suggestions for weekends, short breaks and holidays. | **G**  +7QWE16-042+ |

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| 03:00 PM | **WA Weekender ’CC’**  WA Weekender showcases the best of WA and is packed full of ideas to fit every weekend. Be inspired by fascinating stories with everything from helpful hints to finding out where to take your family. | **G**  +WAWE03-043+ |

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| 03:30 PM | **Sydney Weekender (R) ’CC’**  Mike visits Tangalooma Island Resort on Moreton Island. Jack checks out Penrith Whitewater Stadium. Rose finds a winning formula at Sydney Motorsport Park. | **G**  +7SWE23-044+ |

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| 04:00 PM | **Anthony Bourdain: No Reservations: Sydney (R)**  Sydney embodies the surf culture, beach culture and restaurant culture of Australia. It’s a big city with it’s own personality that we explore to the fullest. | **PG**  +NORE08-010+ |

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| 05:00 PM | **New Zealand From Above: Southern North Island and Volcanic Plateau (R)**  Take a look at the wild and rugged land of the North Island, backdrop for the Land Of Shadow in the Lord Of The Rings trilogy. | **G**  +NZFA-004+ |

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| 06:00 PM | **How Britain Worked: Mills (R)**  Guy Martin works to get a Yorkshire saw mill up and running and back in business, and then use it to make a replica of another less celebrated invention of the Victorian era: a wooden bicycle. | **PG**  +GMIW-003+ |

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| 07:00 PM | **One Foot In The Grave: We Have Put Her Living in the Tomb (R) ’CC’**  The Meldrews begin decorating the new house, but disaster is lurking amongst the grass cuttings. | **PG**  +ONFG2-002+ |

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| 07:30 PM | **Escape To The Country: Yorkshire (R)**  Denise Nurse is in Yorkshire today with a couple keen to retire to the county. They have chosen a very desirable part of the world to relocate - so let's hope they'll be flexible regarding their expectations. | **G**  +ETTC12-012+ |

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| 08:30 PM | **Escape To The Country: Yorkshire (R)**  Tonight, Aled Jones heads to South Yorkshire in search for the ultimate equestrian pad for a feisty couple from Sheffield. With a huge budget, they are looking for a character house with that elusive wow factor. | **G**  +ETTC12-013+ |

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| 09:30 PM | **Citizen Khan ’CC’**  Mrs Khan takes on more shifts at the local supermarket, leaving Mr Khan in charge as househusband. | **PG**  +CITK3-003+ |

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| 10:00 PM | **Citizen Khan ’CC’**  When Mrs Khan announces she's running a stall at the local city farm to promote the supermarket's new organic range, Mr Khan couldn't be any less interested. | **PG**  +CITK3-004+ |

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| 10:30 PM | **The Border: Animals On The Frontline (R)**  A brand new season of the series expands to follow not only Customs and Border Protection as they patrol the US-Mexico border, but also local law enforcement charged with keeping things safe in the border towns of South Texas. | **PG**  +TBOR7-007+ |

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| 11:30 PM | **How Britain Worked: Mills (R)**  Guy Martin works to get a Yorkshire saw mill up and running and back in business, and then use it to make a replica of another less celebrated invention of the Victorian era: a wooden bicycle. | **PG**  +GMIW-003+ |

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| 12:30 AM | **Room For Improvement (R) ’CC’**  Molly is a brave girl who has beaten the odds. Now the team have some big, bold and inexpensive ideas to revamp her tiny apartment! | **G**  +RFI3-004+ |

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| 01:00 AM | **TBA: (R)**  TBC | ++ |

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| 04:00 AM | **Creek To Coast (R) ’CC’**  Queensland's ultimate outdoor adventure show, featuring the very latest in camping, cruising, fishing and four-wheel-driving. | **G**  +7CTC16-038+ |

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| 04:30 AM | **Queensland Weekender (R) ’CC’**  The Queensland Weekender team covers the length and breadth of this State with great suggestions for weekends, short breaks and holidays. | **G**  +7QWE16-042+ |

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| 05:00 AM | **WA Weekender ’CC’**  WA Weekender showcases the best of WA and is packed full of ideas to fit every weekend. Be inspired by fascinating stories with everything from helpful hints to finding out where to take your family. | **G**  +WAWE03-041+ |

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| 05:30 AM | **Sydney Weekender (R) ’CC’**  Mike visits Tangalooma Island Resort on Moreton Island. Jack checks out Penrith Whitewater Stadium. Rose finds a winning formula at Sydney Motorsport Park. | **G**  +7SWE23-044+ |